



# PERSONAL LEAN COACH

## PICK A COACH, BOOK A PACKAGE

LET US HELP YOU GO LEAN



pay as  
you  
go

R2500 per hour **on-site**  
R1800 per hour **Skype**

12 month  
on-site

We meet you **on-site** for **four** hours every month structured to suit you  
R8500 per month on-site  
1st month **50% off** giving you 2 free on-site hours valued at R4250  
12 month commitment

12 month  
Skype

Coaching for **four** hours per month via **Skype**  
R6400 per month  
1st month includes a **free on-site** hour valued at R4800  
12 month commitment

you  
choose

Tell us what you need and we will **tailor** it for you



Cape  
Town

Anton



Cape  
Town

Sam



Cape  
Town

Norman



Joburg

Tshepo

Subject to coach availability, slots limited. Payable in advance of session. 12 month coaching commitments, require 3 month deposit. Pricing excludes Vat. Travel charged at R3.61 per km - limited to 50km radius. If outside 50km radius we can discuss an alternative arrangement. Cancellations less than 48 hours prior to session at sole discretion of coach to reschedule.

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